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Penang Bridge International MARATHON™

21 November 2010

RUNNER'S GUIDE BOOK

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Y.A.B Lim Guan Eng
The Right Honourable
Chief Minister of Penang

MESSAGE BY YAB MR. LIM GUAN ENG THE RIGHT HONOURABLE CHIEF MINISTER OF PENANG

It is once again that time of the year - the time of the grand Penang Bridge International Marathon! This is hereby the third year running that the marathon is being organised by the Penang State Government on a new and better improved level which are able to match international expectations.

With that, I welcome all participants from near and far, "Selamat Datang" to the premier annual international running event in Penang. Remember that besides taking part in this marathon, Penang has so much more to offer you in scenic beauty, heritage and food.

Since George Town has been inscribed with the UNESCO World Heritage Site status on July 2008, Penang has become an increasingly popular travel location among tourists and travelers who come here on a mission to experience and discover this jewel of a destination. Therefore, we hope to both grow and sustain tourism arrivals until we achieve our target of 10 mil tourists in 2014.

To reach our target, the Penang State Government has identified ten key thrusts focusing on sports tourism, Penang's living heritage, culture, arts and film, medical tourism, education tourism, shopping tourism, eco-tourism, MICE and also Penang as the food haven of South East Asia. Developing the growth of Penang's Tourism industry lies in promoting new and sustaining existing tourism products and events packaged together for an unforgettable experience.

To transform Penang into an international city that is a location of choice for investors, a destination of choice for tourists and a habitat of choice for those who desire sustainable living requires a healthy and active sporting and recreational scene. Our premier annual Penang Bridge International Marathon is one of our standout events not only for serious sportsmen but for running enthusiasts pursuing a healthy lifestyle.

Last but not least, I am confident that each and every one of you will have an unforgettable time in experiencing Penang inside out. You will find that not only Penang has it all but that Penangites will make your stay a memorable one that will get you to come back for more.

Thank you.

Lim Guan Eng
The Right Honourable
Chief Minister Of Penang





YB Danny Law Heng Kiang
State Exco for Penang Tourism
Development and Culture,
Organizing Chairman

MESSAGE BY YB DANNY LAW

STATE EXCO FOR PENANG TOURISM
DEVELOPMENT AND CULTURE, CHAIRMAN OF PBIM

After a year of waiting, the much anticipated Penang Bridge International Marathon is here once again. Last year's running event had successfully attracted a total of 19,000 runners, and with that we are proud to have achieved more than 20,000 participants this year around for the Penang Bridge International Marathon 2010, which is the biggest running event in Malaysia. This year, 40% of the participants are out-of-state visitors and foreigners.

In order to make the run much more exciting and appealing to our participants, a new category has been introduced to the annual Penang Bridge International Marathon, which is the 10KM Run for participants aged 18 years and above. Additionally, this year also saw us launch a new feature with DiGi Telecommunications that allows past year's participants to join PBIM 2010 by instantly reactivating their registration in the database of the run via the PBIM Mobile Registration - the first of its kind in Malaysia. We hope that bringing in these new features has played its role in encouraging more people to take up running in this event, as well as contributing to the raising of the standards of Penang Bridge International Marathon, making it a globally acclaimed marathon.

Besides that, the promotional campaign for the PBIM registration has been carried out in secondary schools, colleges, companies and multi-national factories around Penang. And as a support to the schools who send their students to take part in this run, three schools with the highest number of student participation will be awarded with cash prizes of RM1,000, RM800 and RM600.

What makes the Penang Bridge International Marathon so special is that it is only during this event that the Penang Bridge is ever closed to traffic. With that, thank you to all those who have helped us in making this year's PBIM an exciting occasion.

To all runners, I wish you all the best and that you will enjoy your run here in Penang

See you again at next year's Penang Bridge International Marathon on 20th November 2011!

Thank you.

YB Danny Law Heng Kiang
State Exco for Penang Tourism Development
and Culture Organizing Chairman



Siew Chee Kong
Head of Northern Region



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MESSAGE BY MR. SIEW CHEE KONG

HEAD OF NORTHERN REGION
DiGi TELECOMMUNICATIONS

We are pleased to once again be a part of the annual Penang Bridge International Marathon (PBIM). Over the past few years, we have worked closely with the state government to bring you the best in running experience and have seen the fruits of this partnership through the success of each marathon.

Our sponsorship of the marathon reflects very closely the values we hold fast for our customers - hard work, endurance and perseverance - in short, going the distance and giving our best. This is the true DiGi spirit and we're pleased to share it with you.

With this, I would like to take this opportunity to thank the organiser, the Penang State Tourism Development and Cultural, for our continued partnership. And also, special thanks to the Chief Minister of Penang, YAB Lim Guan Eng for your visionary aspirations in developing Penang into an internationally renowned tourist destination. We are honoured to go the distance with you and the state government in the effort to take this sporting event to the next level.

Thank you.

Siew Chee Kong
Head of Northern Region
DiGi Telecommunications



CASH PRIZES

Runners in all categories who complete the run within the prescribed time will be awarded a Certificate of Participation. A Finisher medals will be awarded to runners in all categories who complete the run within the prescribed time EXCEPT for Fun Run category. Total cash prize of **RM146,500** are to be given away.

PRIZES FOR FULL MARATHON

Full Marathon	1st	2nd	3rd	4th	5th	6th-10th	11th-15th
Men Open	RM 15,000	RM 8,000	RM 4,500	RM 3,000	RM 2,000	RM 600	RM 400
Women Open	RM 7,000	RM 5,000	RM 3,000	RM 2,000	RM 1,000	RM 600	RM 400
Men Veteran	RM 7,000	RM 5,000	RM 3,000	RM 2,000	RM 1,000	RM 600	RM 400

BEST MALAYSIAN FULL MARATHON RUNNERS

Full Marathon	1st	2nd	3rd	4th	5th
Men Open	RM 3,000	RM 2,000	RM1,000	RM800	RM500
Women Open	RM 3,000	RM 2,000	RM1,000	RM800	RM500

PRIZES FOR HALF MARATHON

Half Marathon	1st	2nd	3rd	4th	5th	6th-10th	11th-15th
Men Open	RM 3,000	RM 2,000	RM 1,000	RM 800	RM 600	RM 400	RM 300
Women Open	RM 3,000	RM 2,000	RM 1,000	RM 800	RM 600	RM 400	RM 300
Men Veteran	RM 1,500	RM 1,000	RM 800	RM 600	RM 400	RM 300	RM 200
Women Veteran	RM 1,500	RM 1,000	RM 800	RM 600	RM 400	RM 300	RM 200

PRIZES FOR 10km RUN

10km	1st	2nd	3rd	4th	5th	6th-10th	11th-15th
Men Open	RM 1,000	RM 600	RM 400	RM 300	RM 200	RM 100	RM 50
Women Open	RM 1,000	RM 600	RM 400	RM 300	RM 200	RM 100	RM 50
Student (Boy)	RM 1,000	RM 600	RM 400	RM 300	RM 200	RM 100	RM 50
Student (Girl)	RM 1,000	RM 600	RM 400	RM 300	RM 200	RM 100	RM 50

The receiving of Cash Prizes and medal for the Top 3 will be carried out on stage, cash prizes for 4th - 15th place winners will be collected at the Winners Tent.

	Top 3	4th - 15th
Full Marathon	9:10am	6:30am
Half Marathon	9:10am	7:00am
10km	9:10am	8:00am

Top 3 schools with the most participants in the run will also win cash prizes as follow.

1st Prize	RM1000
2nd Prize	RM800
3rd Prize	RM600

PBIM GENERAL INFORMATION

RUNNER'S ENTITLEMENT

Full Marathon, Half Marathon, and 10km Participants will be given a **New Balance vest and a sling bag** each.

Full Marathon



Front



Back

Half Marathon (Men)



Front



Back



Half Marathon (Women)



Front



Back

10km Run



Front



Back

Fun Run participants will be given a **T-shirt and a non-woven bag** each to be worn during the race

Fun Run



Front

Back



PBIM GENERAL INFORMATION

BIB NUMBER AND CHAMPIONCHIP DEVICE

Please pin the bib number clearly at your chest on the front of your t-shirt. The Championchip device is to be tied in between your shoe lace. **Participants found guilty of transferring their bib numbers will be instantly disqualified.** Any mistakes on the bib numbers are required to be brought to the attention of the PBIM Secretariat prior to the commencement of the race.

Full Marathon Running Bib



Back view of Running Bib

SAFETY By displaying this number, you are agreeing to abide by the rules and regulations as set out at the point of registration. This must be worn only by the person to whom it is registered.

EMERGENCIES ON THE DAY (COMPLETE IN WATERPROOF INK)

Participant's Name: _____

Participant's ID/Registration Number: _____

Person to contact: _____

Contact number: _____

In this section, state your address and other information which may be essential in a medical emergency (e.g. allergies, medical conditions, etc.)

ChampionChip Device



*All running bibs are for illustration purposes only.

Participants in the Fun Run category do not require a running bib number. Runners are required to **fill in the participant's info behind the bibs**. Failure to do so will result in the runners being disqualified from the marathon.

Indications

- Toilet
 - Police Station
 - Medical Tent
 - Sponsors
 - Secretariat
 - ChampionChip
 - Parking
 - Surau
 - 100 Plus
 - New Balance
- More toilets are available inside Queensbay Mall

EVENT MAIN AREA



PBIM GENERAL INFORMATION

ROAD CLOSURES & PARKING OF CARS

The Penang Bridge will be closed from **1:00am to 10:00am on 21st November 2010**. Parking is available at Queensbay Mall multi-storey car park and outdoor car park next to the roundabout. Runners who wish to access Queensbay Mall or park there may do so at anytime. Do note however, that there will be **no access OUT of Queensbay Mall from 1:00am – 3:00am** to the roads leading to the Bayan Lepas Industrial Area.

FREE SHUTTLE

Free shuttle buses by Rapid Penang are available for participants of the Penang Bridge International Marathon from the Penang Ferry Terminal. All participants boarding this bus will be dropped off at the Jerejak Jetty (5 mins walk from Queensbay Mall). **These buses will be displaying a "PBIM FREE SHUTTLE" banner.** Look out for buses with PBIM Free shuttle banner.

TOILETS

Toilets are available at the **Start/Finish area** and **along the running course of the Penang Bridge International Marathon**. Fun Run's toilet is located behind Eastin Hotel.

SAFETY OF RUNNERS

Participants are required to run on the road as directed by the run marshals or police. **Unauthorised vehicles are not allowed to accompany the runners.** While on the Penang Bridge, runners are advised to be extra careful.

SWEEPER BUS

The PBIM **sweeper buses** will be plying on the Penang Bridge to pick up the remaining runners. The bridge must be **cleared of runners by 8:30am**. Those who are still running on the coastal highway may continue until **9:00am**.

PBIM LUCKY DRAW

The PBIM Lucky Draw **begins at 9:00am**. Only runners who complete the run are entitled to the Lucky Draw coupon which will be allocated at the Finish Line. A grand prize of a Proton Saga and many other valuable prizes await the runners! Winning lucky draw numbers will be projected on LCD screen at the event main area and all contestants are required to be at the site for the lucky draw. All lucky draw winners are **required to claim their prizes from the PBIM Secretariat**. Grand Prizes will be given away on the main stage.

RESULTS

The final decision for any dispute is made by the Organising Committee. All disputes must be referred to the Organising committee only within half an hour of the announcement of the official results.

Cash Prizes (RM) (Please get the info from our web site) **Top 15 winners of the Full Marathon, Half Marathon and 10km Run categories are entitled to cash prizes.** These winners will be required to present their running bib numbers upon which they will be given a winner's tag. They will then have to wait at the Winner's Tent to claim the prizes they have won.

Only the first 3 winners in each of these categories will be called upon to receive their challenge trophy, mock cheque and other prizes on the main stage. The remaining winners are required to collect their cash prizes at the PBIM Secretariat immediately upon announcement of the official results and **before 11:00am**. All winners are to produce their original Identification Card (MyKard) or Passport for verification. Police and army personnel are required to produce a certified document verifying their date of birth.

PBIM GENERAL INFORMATION

FINISHER MEDAL AND CERTIFICATE

Finisher medals are given to runners who complete the running category within these stipulated times

Full Marathon	7 hours
Half Marathon	3 hours 30 mins
10km	1 hour 30 mins



ALL runners who complete their run will receive a certificate. **Those who do not complete their run are NOT eligible to be given a certificate.** The Certificate of Achievement will be mailed to the Full, Half and 10km Marathon category runners as according to their registered address. A personal time will be stated on the Certificate of Achievement for these running categories as according to the time captured by the ChampionChip system.

Runners of the **Fun Run category will receive their Certificate of Participation on the spot** upon crossing the PBIM Finish Line.

For each **Full Marathon Finisher** who finishes the race within **7 hours**, you will receive a **Finisher T-Shirt** as a souvenir for a job well done!

Full Marathon Finisher's T-Shirt



WAIVER OF LIABILITY AND DECLARATION

The participant had read and understood the rules and regulations pertaining to his / her participation in the Penang Bridge International Marathon. The Participant agreed to abide by all the rules as laid down and will not claim any damage from the organiser in the event of an accident, injury, or death which may arise before, during or as a result of participation in the Penang Bridge International Marathon.

ORGANIZER
Penang State Government

SANCTIONS
AIMS, PAA

EVENT BEGINS
2 am, 21st Nov 2010 (Sunday)

VENUE
Queensbay Mall, Penang

CATEGORIES
Full Marathon
Half Marathon
10km Run
Fun Run

EVENT ENDS
11:00 am

Category	Starting times	Duration
Full Marathon	2:00am	7hours
Half Marathon (Men)	3:00am	3hours 30min
Half Marathon (Women)	3:15am	3hours 30min
10km Run Men/Women	6:15am	1hour 30min
10km Run Boys/Girls	6:30am	1hour 30min
Fun Run	7:00am	1hour

RACE DAY HIGHLIGHTS

LIVE CONCERT

Live concert by DiGi will be held on
20th November 2010, 9:30pm to 11:30pm

LIVE INTERNET TELECAST

There will be a live internet telecast supported by Penang Fon. It will be telecast all throughout the race, from 1:00am to 9:00am, at the starting/finishing line.

Visit www.penangmarathon.gov.my to watch the live telecast!

PACERS

There will be pacers for the **Full Marathon**. The pacers will each have a balloon tied to their shirt. Each pacer will have a time frame stated on their balloon. By following the pacers you have chosen, you will reach the finish line within the time frame stated on the balloon.



3.5
hour

- Follow the pacer with a **yellow** balloon to finish your race in **3.5 hours**.
- Follow the pacer with a **green** balloon to finish your race in **4 hours**.
- Follow the pacer with a **white** balloon to finish your race in **4.5 hours**.
- Follow the pacer with a **orange** balloon to finish your race in **5 hours**.
- Follow the pacer with a **pink** balloon to finish your race in **5.5 hours**.
- Follow the pacer with a **blue** balloon to finish your race in **6 hours**.



4
hour



5
hour



5.5
hour



6
hour

4.5
hour

FULL MARATHON 42.195km and check points

Starting time: 2:00am
Qualifying time: 7 hours



Running towards Penang Bridge
Running towards Queensbay Mall

HALF MARATHON 21km and check points

Starting time: Men 3:00am
Women 3:15am
Qualifying time: 3.5 hours



10km Run 10km and check points

Starting time: Open category 6:15am
Junior category 6:30am
Qualifying time: 1.5 hours



FUN RUN 10km

Starting time: 7:00am
Qualifying time: 1.5 hours



WATER STATIONS



PRE-EVENT PROGRAMMES

MARATHON PREPARATION CLINIC WITH CHRIS STEWART



PBIM AT BON-ODORI FESTIVAL



PRE-EVENT PROGRAMMES

XIAMEN DELEGATES



PBIM COMMITTEE MEETING



PRE-EVENT PROGRAMMES

PBIM MEDICAL FORUM



PRE-EVENT PROGRAMMES

OFFICIAL LAUNCH OF PBIM 2010



OLYMPIC DAY RUN 2010 PBIM PROMOTION



PRE-EVENT PROGRAMMES

LAUNCHING OF PBIM MOBILE REGISTRATION



PBIM MEET THE RUNNERS (KL) SESSION



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PBIM 2010 PROGRAMME

20th November 2010 (Saturday)

9:30pm-11:30pm • DiGi Concert

21st November 2010 (Sunday)

Marathon Programme

- 2:00am** • Start of Full Marathon
- 3:00am** • Start of Half Marathon Men
- 3:15am** • Start of Half Marathon Women
- 4:07am** • Estimated Finishing Time of Top Half Marathon Runner (1:07)
- 4:17am** • Estimated Finishing Time of Top Full Marathon Runner (2:17)
- 6:15am** • Start of 10km Run (Open) Men & Women
- 6:30am** • Start of 10km Run (Junior) Boys & Girls
- 6:30am-8:00am** • Collection of Winners Cash Prizes for Full & Half Marathon
- 6:47am** • Estimated Finishing Time of Top 10km Runner
- 7:00am** • Start of Fun Run
- 7:30am** • Prize Presentation for Full Marathon 4th - 15th Place winners
- 7:45am** • Prize giving for top schools with highest participants
- 8:30am-9:30am** • Collection of Winners Cash Prizes for 10km 4th - 15th Place

Prize Presentation Ceremony Programme

- 8:30am** • Arrival of VIPs
- 8:50am** • Arrival of the Penang State Chief Minister, YAB Lim Guan Eng
- 9:00am** • Arrival of the Governor of Penang, Tuan Yang Terutama Tun Dato' Seri (Dr) Haji Abdul Rahman bin Haji Abbas
- 9:10am** • Cultural Dance Performance
- Speech by YB Danny Law Heng Kiang, Chairman for Penang Bridge International Marathon and State EXCO for Tourism Development & Culture
- Speech by YAB Lim Guan Eng, Penang State Chief Minister
- Cultural Dance Performance
- Souvenir Presentation to PBIM Partners & Sponsors
- Prize Presentation Ceremony for Top 3 winners
- PBIM Grand Lucky Draw
- 10:30am** • ENDS

